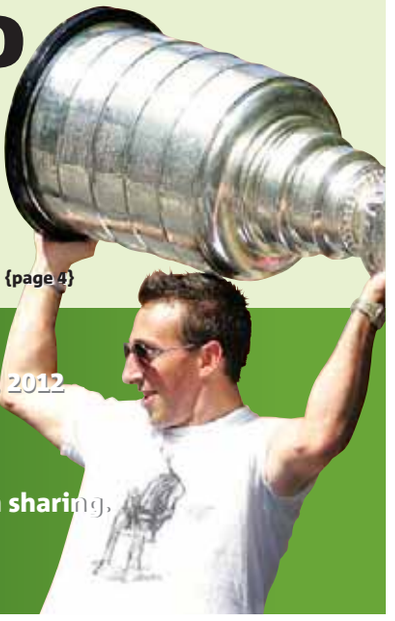
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A CLEAR VIEW
SEEING YOUR WAY THROUGH WORLD OF EYE CARE {page 12}



CHAMP
MARCHAND, BRUINS GO TO WASHINGTON {page 4}



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News worth sharing.

Transit contract details sought

Barkhouse calls debate over contracting out 'significant'; says council wasn't made aware of issues ◐ Talks between workers and municipality broke down earlier this year ◐ Negotiations resume at the end of the month



ALEX BOUTILIER
@METRONEWS.CA

Halifax regional council needs to review the contract offered by Metro Transit to more than 700 unionized workers, according to Jackie Barkhouse.

The councillor for Woodside-Eastern Passage said she has no confidence in the negotiation process between the municipality and ATU Local 508, which voted overwhelmingly to reject city hall's contract offer on Sunday.

"There's certainly, with me, absolutely zero wiggle room anymore," said Barkhouse yesterday.

"I want to see (the offer) for myself, and I want to know exactly what's going on."

Council received a high-level overview of the contract negotiations, but Barkhouse said major sticking points for the union — the use of part-time operators and contracting out services — were not mentioned.

"(It's) so significant that we wouldn't have been told that, especially given the fact that there are a few members of council that are so opposed to contracted out services in general," Barkhouse said.

"It's quite unbelievable that something that significant, we would have to read in the paper."

"This is not the union looking to go on strike. This is the employer looking to put us in legal strike position."
KEN WILSON, ATU LOCAL 508 PRESIDENT

Talks between the union and the municipality broke off earlier this month. On Sunday, approximately 650 ATU members voted 98 per cent in favour of rejecting the municipality's contract. If no deal is made by Feb. 2, Halifax will see its first transit strike in 14 years.

Ken Wilson, the president of Local 508, says the union and Metro Transit have agreed to return to the bargaining table on Jan. 29, 30 and 31 to try and work out a deal.

RYAN TAPLIN/METRO



▶ Passengers board a bus on Barrington Street Monday afternoon.


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1 news

Woman beaten in Mexico has local roots

Sheila Nabb liked to travel.

Her uncle, Robert Prosser, said the 37-year-old native of Lower Sackville has travelled all over the world and worked in China for years teaching English. But that didn't blunt the shock Prosser felt when he got a call Friday that his niece had been viciously beaten in Mazatlán, Mexico.

"We were just horrified by it," said Prosser, who lives in Kingston.

According to Mexican news site noroeste.com, Nabb was found severely beaten in a pool of blood in an elevator at the Hotel Riu Emerald Bay.

"Basically every bone in her face was broken," said Prosser. "The surgeon who looked at her said it will probably be three or four weeks before she'd be stable enough to fly, to get her back home to Calgary," Prosser said. "They're going to have to wire the jaw shut and put plates in where her cheek bones were ... a lot of reconstructive surgery."

Travel advisory

The U.S. state department issued a travel advisory for Mazatlán in spring 2010.

She has since been placed in an induced coma, and Prosser said that the early indications are that Nabb will be okay.

Nabb, who moved from Lower Sackville to Calgary two years ago, was staying at the Hotel Riu with her husband, Andrew.

ADRIAN LEE

FACEBOOK PHOTO



▶ Sheila Nabb and her husband Andrew.

Cuts costly in long run: MP

NDP Atlantic Caucus meets in Halifax ◐ N.L. MLA Cleary wants region to benefit from shipbuilding



ALEX BOUTILIER
@METRONEWS.CA

The federal government shouldn't be cutting public sector jobs in their quest to reduce costs, according to Megan Leslie.

At the conclusion of an NDP Atlantic Caucus meeting yesterday, the Halifax MP said cutting public sector positions will be more costly in the long run.

"There are ways to be more efficient and more streamlined than just attacking government workers," Leslie said. "Really this comes down to our services, our health, our safety."

Leslie was responding to a report from the left-leaning Canadian Centre for Policy Alternatives on the federal Conservatives' plan to find $4 billion in annual savings by 2014-15

The CCPA estimates this "strategic review," along with similar cost-cutting measures undertaken in 2007 and 2010, will result in the loss of more than 60,000 public sector jobs across the country. It also estimates, under the deepest cut scenario, that unemployment in Atlantic Canada will rise to 10.4 per cent, up from 9.9 per cent.

"I think that we need to be strategic in where we do find efficiencies," said Leslie. "I don't think it's natural just to say 'let's cut jobs,' because it will end up being more expensive in the long run."

$7.82M

The amount of money the federal government plans to cut by 2014-2015 (through strategic reviews which began in 2007), according to the Canadian Centre for Policy Alternatives.

RYAN TAPLIN/METRO



▶ Halifax MP Megan Leslie, left, speaks at the provincial NDP caucus office as St. John's East MP Jack Harris listens on Monday.

Brothers are reunited in Japan after six decades apart. Scan the code for the story.

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On the web at metronews.ca



Things have been looking up for North American markets thus far in 2012. Allan Small explains why at metronews.ca/investing

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HRM seeks stadium partners

Halifax is testing the water on its proposed stadium project, putting out a call for expressions of interest for "partnership opportunities." Staff are looking for funding partnerships from businesses and to confirm a site with property owners.

Meanwhile, Mayor Peter Kelly is still working on convincing the federal and provincial governments to help out.

Deadline

To qualify as a host city for the 2014, 2015 FIFA Women's World Cup, Halifax has until March 31 to tell the Canadian Soccer Association whether it will have stadium facilities.

Businesses have until Feb. 17 to submit submissions of interest to HRM's procurement office on the mixed-use site. This will allow Halifax Regional Council to decide whether to build the stadium.

Since the stadium analysis began in February 2011, Halifax Regional Council has committed $20 million towards the construction of the space. ADRIAN LEE

News in brief

MLA sentencing put off to March

The sentencing of a former provincial politician who plead guilty to fraud and breach of trust has been put off for two months.

Dave Wilson, the former Liberal MLA for Glace Bay, was first scheduled to be sentenced on Wednesday. That hearing will be held March 30.

A spokeswoman for the province's public prosecution service said the Crown attorneys need time to review evidence Wilson's lawyer intends to introduce at the sentencing.

Wilson pleaded guilty to fraud, uttering forged documents and breach of public trust in September, 2011.

ALEX BOUTILIER

Fighting crime requires citizen help: Councillor

Coun. Jim Smith looking to tackle violence — again ‘Violent crime is going up, and really, we need to look at this,’ Smith says

RYAN TAPLIN/METRO



▶ An RCMP officer walks past the scene of a shooting in North Preston in this file photo from December.

ADRIAN LEE
HALIFAX@METRONEWS.CA

Coun. Jim Smith is hoping the second time’s the charm as he seeks to form a citizens’ task force for violent crime a decade after his first effort.

The councillor for Albro Lake-Harbourview will be asking HRM council today to form a group that would look at the underlying social problems causing violent crime, modeled after a similar citizen-centric study by Dr. Scott Kenney in 2001.

“I think now’s the time to go to the citizens,” said Smith.

In 2001, after a crime spree in northern Dartmouth, Smith called for a task force to reduce the crime rate. When Halifax Regional Police created a community officer program and added on-the-ground units, Smith dropped the request.

In 2008, the Mayor’s Roundtable on Violence produced a report on crime, but only spoke to experts in the field and didn’t include provincial interests.

“We absolutely need the province on side because most of the recommendations are probably going to be matters that affect poverty and housing and levels of the social services that we have in our communities,” he said. “If we don’t really ever start looking at the root causes of crime, then we’re just going to go in a continual cycle around and around and we’ll end up incubating the circumstances for more crime.”

Smith said that in his 12 years as councillor, he hasn’t seen council meaningfully look at those underlying causes for crime.

Halifax Regional Police could not comment on a motion that had not been approved.

“We’d have to see what they’re recommending or suggesting,” said spokesman Const. Brian Palmeter. “We are going after people who we know are engaged with violence in the community.”

Homicide record

- Halifax Regional Municipality had 17 homicides in 2011, a record high. This was an increase of six from 2010.

No more room for animals in Sydney SPCA

DAILY NEWS FILE PHOTOS



▶ A cat awaits adoption at the SPCA in Burnside.

The Nova Scotia SPCA has stopped taking in animals at the Sydney animal shelter.

The agency, which has temporary custody and control of the shelter following a successful injunction order motion last week, issued a news release announcing the measure on Monday.

The society indicated that since it took control of the shelter it has carried out a number of audits and assessments to determine the health of the animals and the safety of the building. These have included regulatory and animal-care assessments as outlined by the Animal Protection Act, the Canadian Veterinary Medical Association and the Association of Shelter Veterinarians. An occupational health and safety audit is also being conducted to determine safety hazards and necessary upgrades.

Dr. Lesley Steele, the chief provincial veterinarian, has also examined all animals in the facility. As a result of the preliminary findings, the news release says, the shelter will be closed to all intake starting immediately, with the exception of animal control.

The society said it made the decision because of the number of sick animals in the building, the extensive infrastructure deficiencies and the lack of available trained staff. **CAPE BRETON POST**

Destructive Coldbrook hotel fire ruled accidental

TRANSCONTINENTAL MEDIA



▶ Firefighters look over the damage following a blaze at the Pine View Inn in Coldbrook earlier this month.

A fire that destroyed a hotel in Nova Scotia’s Annapolis Valley has been ruled accidental.

The blaze on Jan. 11 gutted the Pine View Inn in Coldbrook.

The fire marshal concluded the fire was caused by a low-pressure gas leak on one of the lower floors of the hotel.

It’s believed an electrical appliance that was switched on ignited the gas.

There is no word on whether the owners will rebuild.

THE CANADIAN PRESS

Guilty plea in drug, weapons charges

A Belmont Mountain man was handed an 18-month conditional sentence in provincial court in Truro on Monday after pleading guilty to drug and weapons charges.

Ronald Franklyn George, 45, must serve the first nine months of his sentence under house arrest and adhere to a curfew for the final nine months.

He pleaded guilty to producing marijuana and ecstasy for the purpose of trafficking, possession of marijuana and having unsecured firearms.

George’s common-law wife Laura Georgina Sully, 43, was fined a total of $1,000 after pleading guilty to possessing marijuana, ecstasy tablets and illegal cigarettes.

TRURO DAILY NEWS

Lawyer in espionage case resigns

The lawyer for a Canadian navy intelligence officer accused of passing information to a foreign entity has withdrawn from the case.

A provincial court official in Halifax says Cameron MacKeen told a brief proceeding today that he could no longer continue representing Sub.-Lt. Jeffrey Paul Delisle. MacKeen didn’t give a reason and he could not immediately be reached for comment.

The 40-year-old Delisle faces two charges of violating the Security of Information Act that deal with communicating information that could harm Canada’s interests.

The Halifax man is also charged under the Criminal Code with breach of trust by a public officer.

THE CANADIAN PRESS

Obama pays tribute to the Bruins

U.S. president praises Brad Marchand and teamwork of six-time Stanley Cup champions

U.S. President Barack Obama saluted the Boston Bruins for their 2011 Stanley Cup championship at a White House ceremony Monday, and made a point of singling out Brad Marchand for his contributions.

Obama drew laughter from the crowd when he cited the scrappy play of Marchand, a Hammonds Plains native who went from fourth-line rookie to star performer with five goals in the last five games of the finals against the Vancouver Canucks.

"The 'Little Ball of Hate' shrugged off the rookie jitters," said Obama, adding "What's up with that nickname, man?"

The 23-year-old Marchand finished with a franchise-record 11 goals among 19 points in 25 games as the Bruins won their first Stanley Cup title in 39 years last June.

"Together, these players proved that teamwork is everything. It can overcome injuries, it can overcome long odds."
U.S. PRESIDENT BARACK OBAMA

It was the latest in a string of Boston sports championships, including the Celtics in 2008, the Red Sox in 2007 and the New England Patriots in 2005. The Patriots play in next month's Super Bowl.

"The Bruins, the Sox, the Celtics, now the Patriots. Enough already, Boston," Obama said during a ceremony in the East Room of the White House. "What's going on, huh?"

Obama also jokingly invoked some New England slang in welcoming the Bruins, along with the Stanley Cup, to the White House.

"I know you are all wicked happy to be here," he said.

Obama said there was no better image of the Bruins' dominance than when Zdeno Chara, the team's six-foot-nine defenceman and captain, hoisted the Stanley Cup above his head in Vancouver in celebration last spring.

"Which is, I'm sure, the highest that the Stanley Cup had ever been," he said.

MATTHEW WUEST/WITH FILES FROM THE ASSOCIATED PRESS

SUSAN WALSH/THE ASSOCIATED PRESS



▶ U.S. President Barak Obama honours the 2010-2011 Stanley Cup champion Boston Bruins on Monday in the East Room of the White House in Washington. Brad Marchand, from Hammonds Plains, is on the far left in the front row.

City crews unearth historic canal chamber

Allan Billard knew it was there — an underground chamber of the Shubenacadie Canal beneath Dartmouth's Ochterloney Street that was closed off and covered with a bridge.

"I knew about it as a kid," said Billard, the executive director of the Shubenacadie Canal commission. "I used to play in it."

Unfortunately, Halifax Regional Municipality didn't know it was there when it started construction on a water main this summer, which could now cost the city upwards of $90,000 extra.

"Basically, the crew was digging and hit something hard," said James Campbell, a spokesman for the Halifax regional water commission. Crews stopped construction and an archaeologist identified the chamber, which is three metres deep and six metres wide, made of hand-carved granite, and once connected Sullivan's Pond, a turnoff on the Shubenacadie Canal, to the harbourfront.

The construction was finished by the end of the summer but workers were forced to realign and dig under the structure, which took the project over its original budget of just over a million dollars.

Halifax Water will seek the budget increase at Tuesday's council meeting.

Billard says that when Halifax Water was created as a municipally distinct body in 2003, it didn't transfer certain historical documents.

"If nobody has bothered to open the book, I don't know how you can guarantee they won't be stomped on," he said. "Fifty years from now I won't be there to stand up with a red flag to say, 'Hey, watch it guys, there's something neat under here.'"

Campbell said they work with the documentation they have.

"If we don't have documentation for what's in the ground, it's difficult for us to predict what's in the ground," he said.

Billard hopes that with funding, the chamber will one day be open to the public. **ADRIAN LEE/FOR METRO**

Dating back

▶ **Waterway:** The Shubenacadie Canal, a canoe waterway that connected the Halifax Harbour with the Bay of Fundy, was built in the 1800s.



Membertou given control of economic future

Won't have to go through regulations, procedures to develop any project

Membertou First Nation has signed on to an economic development program with Ottawa that will allow it to make its own decisions on how its uses its land.

Membertou is the only Atlantic Canadian First Nation community of the 18 that signed on to the First Nations Land Management Regime in Ottawa on Monday. In all, 83 First Nation communities applied to be part of the new regime. As part of its 2011 budget, Ottawa allocated up to $20 million over two years for First Nation leaders to participate in the regime.

According to Membertou Chief Terry Paul, Membertou will soon begin the process of opting out of the 34 land-related sections of Indian Act and resume greater control over its reserve land and resources.

CAPE BRETON POST

SEAN KILPATRICK/THE CANADIAN PRESS



▶ Chief James Hart's work The Three Watchmen in Ottawa Monday.

Railway to receive $3.3M for repairs

Nova Scotia is giving $3.3 million to the Cape Breton and Central Nova Scotia Railway for repair work.

The provincial government says the money will go to bridge improvements and help prevent railway deterioration.

In a statement, Economic Development Minister Percy Paris said the rail line would be too expensive to operate and maintain without the funding.

The funding comes on top of an agreement announced last September that gives the railway up to $2 million in annual public funding for capital and maintenance costs for the next three years.

CANADIAN PRESS

Darrel Dexter

▶ Premier Darrell Dexter has previously said he wants the railway, owned by Rail America Inc., to end its dependency on provincial subsidies.

News in brief

GREG BENNETT/THE COAST GUARD NEWSPAPER



Basking shark washes up on shore

A seven-metre shark that washed up on a Shelburne County shore last week would have caused some alarm but for the lack of razor sharp teeth. Department of Fisheries and Oceans representatives identified the dead fish that washed up near Locke's Island at the head of Jordan Bay as a docile basking shark. Although sometimes mistaken for its dangerous relative, the great white shark, the basking shark feeds on plankton and other tiny sea creatures it filters out through its cavernous mouth. THE COAST GUARD

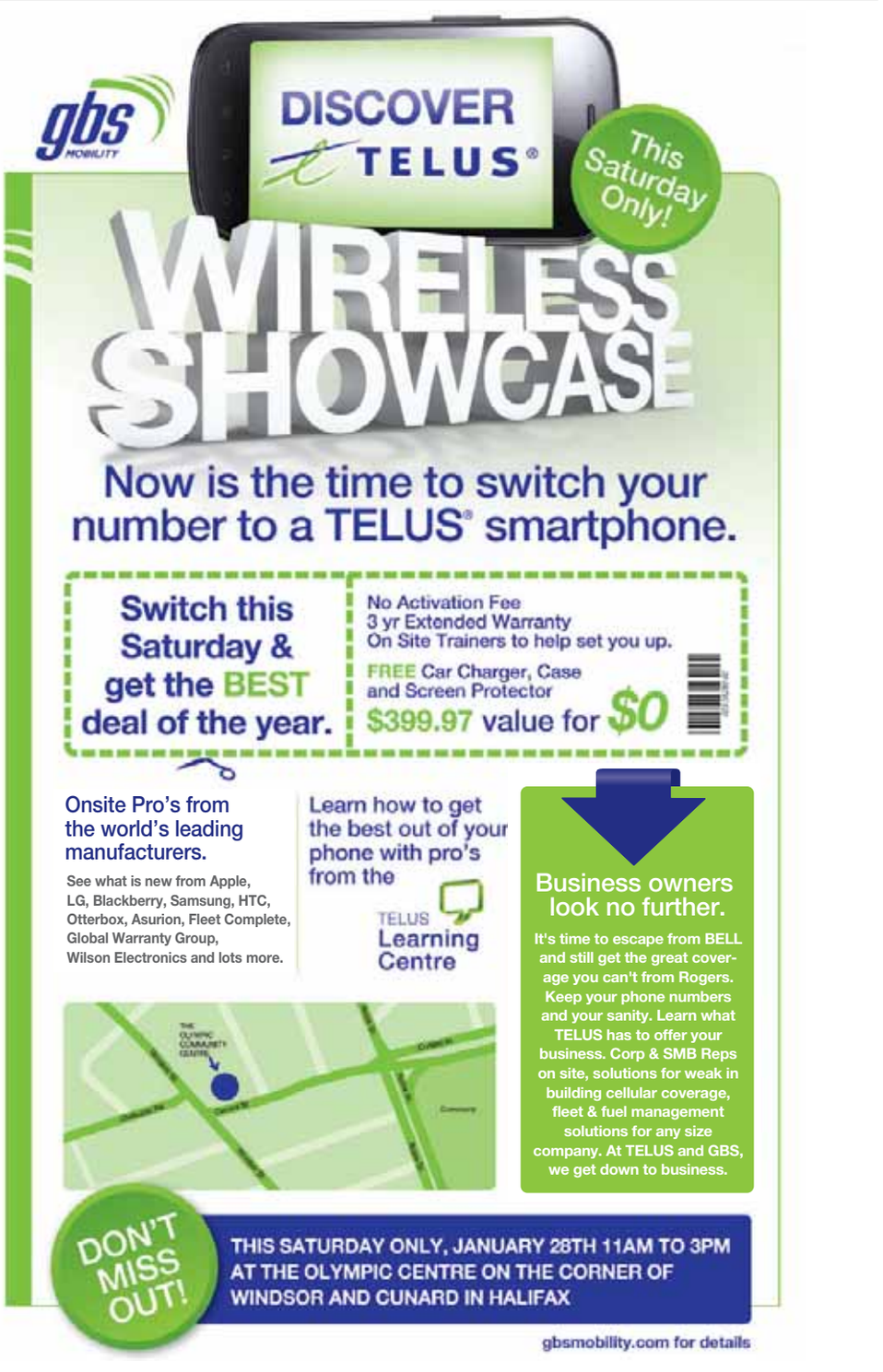
Salty air breeding some salty language

According to a report by a London, Ont.,-based marketing firm tbk Creative, Halifax comes in seventh on a list of Canada's biggest cities in swearing on the social media platform Twitter. Brampton, Ont., came in first by a significant margin, besting second-place Hamilton, Ont., with 1.41 per cent of its tweets featuring a vulgar word. ADRIAN LEE

Thousands of properties to be inspected

There are an estimated 3,900 occupancies on a list to be inspected for fire and safety in Pictou County. They include residential, industrial and commercial properties. Dave Shelton, municipal fire safety inspector for the county, is tasked with the job of making sure they're up to code.

NEW GLASGOW NEWS



Clement lied about G8: NDP

Treasury Board president calls concerns 'NDP drive-by slime'

The New Democrats are calling on Tony Clement to turn himself in to the police after disclosing documents that they say show that he lied and covered up his role in dispensing a $50-million G8 "slush fund" in 2010.

New Democrat MP Charlie Angus issued the call Monday based on new documents that contradict Clement's insistence that he was not involved in choosing which projects to spruce up in his riding would get funding.

The Treasury Board president responded via Twitter: "As usual NDP confusing recommending with choosing," Clement wrote.

Clement's spokeswoman later said that Angus was recycling the well-known fact that Clement "recommended projects" to the infrastructure minister, who had sole authority to decide which projects would get federal cash.

THE CANADIAN PRESS

Angus' remarks

- "He told the Canadian people, 'If anybody could ever prove that I would do that, I'd turn myself over to the cops.' Well, Tony, what about it?" NDP MP Charlie Angus said yesterday.
- "It's clear that a cover-up happened and the auditor general was misled," Angus added.

Southern. Storms



▶ John Braswell, right, Joe Braswell, centre, and Andrew Hughes, pastor of Beardon Methodist Church, remove fallen trees from a car in Fordyce, Ark., on Monday. Strong storms struck the area late Sunday.

DANNY JOHNSTON/THE ASSOCIATED PRESS

Wild weather wallops Alabama

A storm system that hit Arkansas Sunday night moved on to Alabama Monday, with violent weather and possible tornadoes leaving dozens of people injured and killing at least two, including a man who lived in an area devastated by a deadly twister outbreak in the spring.

Radiation from speedy solar flare bombarding Earth

The sun is bombarding Earth with radiation from the biggest solar storm in more than six years, with more to come from the fast-moving eruption.

The solar flare occurred late Sunday and will hit Earth with three different effects at three different times. The biggest issue is radiation, according to the National Oceanic and Atmospheric Administration's (NOAA) Space Weather Prediction Center in Colorado.

The radiation is mostly a concern for satellite disruptions and astronauts in space. It can also cause communication problems for polar-travelling airplanes, said space weather centre physicist Doug Biesecker.

Radiation from Sunday's flare arrived at Earth an hour later and will likely continue through Wednesday. Levels are considered strong but other storms have been more severe. There are two higher levels of radiation on NOAA's storm scale — severe and extreme — Biesecker said.

NASA's flight surgeons and solar experts examined the solar flare's expected effects and decided that the six astronauts on the International Space Station do not have to do anything to protect themselves from the radiation, spokesman Rob Navias said.

Scientists watching the sun with a new NASA satellite launched in 2010 — during the sun's quiet period — are excited.

"We haven't had anything like this for a number of years," said Antti Pulkkinen, a physicist at NASA's Goddard Space Flight Center in Maryland. "It's kind of special."

THE ASSOCIATED PRESS

NASA/THE ASSOCIATED PRESS



▶ This NASA image, taken Sunday night, shows a solar flare erupting on the sun's northeastern hemisphere.

150M

The radiation — in the form of protons — came flying out of the sun at 150 million km/h.

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Man charged after snowmobile chase

An Alberta man was due in an Ontario court Monday to face charges stemming from a snowmobile chase involving police.

Provincial police say officers tried to stop a snowmobile carrying an adult and a child northwest of Peterborough, Ont., on Saturday because neither was wearing a helmet.

Police say the snowmobile sped off at more than 100 kilometres per hour,

The snowmobile stopped at the Bailey's Bay Resort and the driver fled, leaving behind the five-year-old child, who was not injured.

The suspect was apprehended inside a trailer after a scuffle during which he was pepper sprayed.

Scott Milton McKenzie, 25, of Fort McMurray faces numerous charges.

THE CANADIAN PRESS

War-crimes suspect deported

A man accused of crimes related to the Rwandan genocide has been deported from Canada.

Rwanda's Foreign Minister Louise Mushikiwabo confirmed on Twitter that Leon Mugesera was on a plane bound for Rwanda.

He is among the first western refugee claimants to be sent back to face charges related to the 1994 massacre. THE CANADIAN PRESS

Court-martial urged after alleged hazing, suicide

Eight soldiers charged in death of American infantryman who shot himself on tour in Afghanistan

U.S. ARMY/THE ASSOCIATED PRESS



▶ Pte. Danny Chen, 19, shot himself on Oct. 3, 2011, after weeks of alleged abuse in Kandahar, Afghanistan.

Investigation

- Chen's family has said investigators told them that Chen was subjected to racial slurs and forced to do excessive sit-ups, push-ups, runs and sprints carrying sandbags.
- Seven other members of Chen's unit will face hearings over the next month at Kandahar Air Field.

An investigative hearing has recommended that an American soldier be court-martialed over hazing that allegedly led to a fellow infantryman's suicide in Afghanistan, but dismissed the most serious charge against him, the U.S. military said Monday.

Specialist Ryan Offutt is one of eight soldiers charged in the death of 19-year-old Pte. Danny Chen, who shot himself last October after what investigators say were weeks of physical abuse, humiliation and racial slurs.

A native New Yorker of Chinese descent, Chen had been in Afghanistan only two months when he shot himself in a guardhouse at an outpost in Afghanistan's Kandahar province.

The investigative hearing recommended that Offutt, 32, be court-martialed on charges including assault, negligent homicide and reckless endangerment, a statement from the U.S. military said.

It said the hearing, which ended Sunday, did not recommend trial for an additional charge of involuntary manslaughter, punishable by up to 10 years in prison.

The most serious charge Offutt now faces is negligent homicide, which carries a prison sentence of up to three years.

THE ASSOCIATED PRESS

Putin is messenger of God: Cult leader

TANYA SIDORCHENKO
IN MOSCOW

An icon of "Saint" Vladimir Putin has begun to ooze myrrh, a religious cult leader in central Russia claims.

The Putin-worshipping cult in Nizhny Novgorod, led by former convict Svetlana Frolova, now known by followers as Mother Fotinya, believes this to be a heavenly sign of God's presence of Earth.

"Attention! Starting from Thursday, the icon of Vladimir Putin has been renewed and is seeping myrrh," a statement read on the cult's website.

Reports allege that Frolova's sect, founded in 2005, was set up so followers could transfer their assets into her account.

Study finds anti-Jewish attitudes

A study by a Germany-appointed commission shows 20 per cent of Germans harbour "latent" anti-Semitism, but anti-Jewish crimes are almost always committed by the far right. THE ASSOCIATED PRESS

Hungary dismisses report

Italy says Hungarian authorities have dismissed as "groundless" a report that an unregistered Hungarian woman was aboard the Costa Concordia cruise ship when it capsized.

THE ASSOCIATED PRESS



New RIM CEO in hot seat

Analysts, investors wonder if Heins will lead company or prepare to sell He wants to improve product roll-out, customer communications

After being appointed to lead the troubled BlackBerry-maker Research in Motion, newly minted CEO Thorsten Heins is already under fire.

Takeover talk began circulating Monday as investors and analysts pondered whether the little-known Heins had been appointed to lead a RIM turnaround or prepare it for sale.

Heins made it clear he wants RIM to do a better job rolling out new products on time and improving communications with customers. He also indicated he will be steering a course set largely by founders and former CEOs Mike Lazaridis and James Balsillie, who resigned on Saturday.

"If Thorsten really believes that there are no changes to be made, he will be gone within 15 to 18 months. He will be a transitional CEO and this will be a transitional board," said Jaguar CEO Vic Alboini, who leads an informal group of 16 RIM shareholders. Alboini criticized keeping Balsillie and Lazaridis on RIM's board and called for several board members to step down before the company's mid-year annual meeting.

Queen's University business Prof. John Pliniussen doesn't feel Heins is the right choice to turn RIM around. "It's the right move but the wrong guy. He's been there four years and is part of the reason behind RIM's underwhelming product and marketing missteps," said Pliniussen.

RIM has seen its fortunes plunge as it lost market share. RIM's problems were made worse by disappointing sales of its PlayBook tablet and a global four-day BlackBerry service outage last year. TORSTAR NEWS SERVICE

Market moment

PRICES AS OF 5 P.M. MONDAY

TSX	Dollar
+ 124.61 (12,521.70)	+ 0.57¢ (99.27¢ US)

Oil	Natural gas	Gold
+ $1.25 US ($99.58 US)	$2.525 US (+ 18.2¢ US)	$1,678.30 US (+ $14.30 US)

Heins' history

- Heins, born in 1957, is not a well-known quantity. He joined RIM in December 2007 as a senior vice-president for hardware engineering and became chief operating officer for product and sales in August.
- The 54-year-old native of Munich joined the German engineering group Siemens AG straight out of university in 1984, the year RIM was founded in Waterloo, Ont. He holds a master's degree in science and physics.
- Prior to joining RIM in 2007, Thorsten was chief technology officer of Siemens' communications division.

CONTRIBUTED



Thorsten Heins has been named president and chief executive officer at Research in Motion.

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For more information on Spencer and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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THE AT-HOME WORKOUT FROM HELL

SHE SAYS ...

JESSICA NAPIER
METRO



Have you ever seen those people running outside in the depths of winter? You know, the ones huffing and puffing along icy sidewalks while wearing full-face masks and chains on their sneakers. I refuse to be one of those people and as such, I've had to bring my workout routine indoors.

Since I also refuse to sign up for a gym membership — I've probably signed up and dropped out of every fitness facility within a 30-kilometre radius of my apartment — I decided that this winter I would embrace the at-home workout DVD.

Have you ever done an exercise video in your living room? No matter how reputable your workout of choice is, you will always feel like a complete moron.

These fitness DVDs take place in an entirely different kind of reality. Filmed in fluorescent studios and exotic tropical locations, they feature super-human instructors whose bodies look as if they've been chiseled out of spray-tanned marble. They have terrifying titles like INSANITY! and promise to RIP AND SHRED YOUR BODY, as if those are actually desirable outcomes.

"Filmed in fluorescent studios and exotic tropical locations, they feature super-human instructors whose bodies look as if they've been chiseled out of spray-tanned marble."

Despite my initial reservations, I decided to give it a shot.

I don't own a television but I do own a $1,500 MacBook Pro (priorities, people). I agonize over finding the best location to set up my laptop — desk, chair, ottoman? It doesn't really matter because I still end up spending the next 50 minutes tilting the screen back and forth as I hop around my living room.

Despite his retro appeal, there is no place for Richard Simmons in today's modern home video exercise world. My 2012-ready instructor is a hard-bodied blond dressed in a pink camo-print sports bra. She flaunts her Britney Spears' circa 2001 abs as she leads me through a sequence of torturous exercises.

Forgetting that I am in a basement, I almost break a finger as I whack my hand on the low ceiling while performing a series of "power jacks," a maniacal cousin to the traditional jumping jack.

When the instructor's unremitting perkiness becomes too much, I drown her out with my own inner monologue. Am I engaging my core right now? What does that even feel like? Is that my phone? Will my apartment smell like sweat after this?

Finally, the instructor utters the two most beautiful words in the English language: "cool down." As I stretch out on my yoga mat I find myself wondering where I could pick up some of those chains for my running shoes.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Should the porn industry be forced to use condoms?



75% YES, IT'S A WORKPLACE SAFETY ISSUE

0% SOMEWHAT, PORN COMPANIES SHOULD BE FORCED TO LET EMPLOYEES CHOOSE

25% NO, IT SHOULD BE UP TO THE EMPLOYER

Local tweets

- **@jillemader:** So I'll put the call out now, #halifax - if you drive from downtown to Clayton Park for work (so, opposite of most), I will pay to carpool!
- **@bangified:** Is this the longest length of time snow has stuck around in #Halifax this winter??
- **@yaminifries:** Just hurt myself playing the Wii... why I was so against the idea of videogames becoming interactive. I miss pressing buttons. #nostalgia
- **@therealnickgall:** Even more in love with Margaret Thatcher, if that's possible. Words fail. #theironlady
- **@AbadyA:** Nothing like wearing shorts & a Canada Goose jacket in the middle of January to make you look like a complete idiot #halifax
- **@echoesofmymind:** I lived in #Ottawa during the transit strike. It was the WORST. At least #Halifax is rarely buried under several feet of snow & is walkable.

Daily Zoom

DAVID PARRY/PA



Rise of the fake sun

'Sun' brightens winter morning

LONDON. Dawn broke an hour early yesterday in central London after a fake 'sun' was raised to beat the Monday morning blues. Onlookers took to deck chairs to bathe in glowing light as the installation over Trafalgar Square began at 6:51 a.m. It didn't set until 7:33 p.m., giving the square three more hours of 'daylight.'

MWN

"There are very few moments more spectacular and uplifting than watching an early morning sunrise."
ANDREW SHOBEN, FOUNDER OF ARTISTS' COLLECTIVE GREYWORLD, WHICH IS BEHIND THE 'TRAFALGAR SUN', A WORK COMMISSIONED BY FRUIT JUICE GROUP TROPICANA

Trafalgar Sun

- **Is 30,000 times the size of a soccer ball.**
  It has a surface area of 200 m², and weighs over 5,500 pounds. A crane was used to hold the orb in air.
- **Worth 60,000 light bulbs**
  The sun's internal core produces 4 million lumens of light.
- **Time to wait for sunrise**
  Greyworld took six months to create the installation.

DAVID PARRY/PA



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2 scene

Kiefer's new touch

Kiefer Sutherland tackles a more cerebral role in the new series Touch
But Touch has its own action — a boy with a gift for predicting the future

IAN JOHNSTON
SCENE@METRONEWS.CA

Kiefer Sutherland says he wasn't looking to come back to TV so soon after his eight-season, Emmy-winning stint on 24. But then he read the script for Touch.

"It wasn't really a choice," says Sutherland, who was starring in a Broadway play at the time. "It was around page 30, I remember going dammit! I just knew I'd be so remiss if I didn't do it."

The series, from Heroes creator Tim Kring, definitely stands out from the usual TV crowd. On one level, it's a drama of a father, Martin (Sutherland), who is attempting to reach his autistic, mute son Jake.

But it's also a science fiction tale — in that Jake possesses an ability to make numerical connections that seem to predict future events in the world. Interpreting what those numbers might mean soon becomes Martin's full-time job. For Sutherland himself, the show is essentially about family. "I've always felt it was a drama," Sutherland says. "You're embarking on a journey of a father trying to connect to his son. That's at the heart of the show."

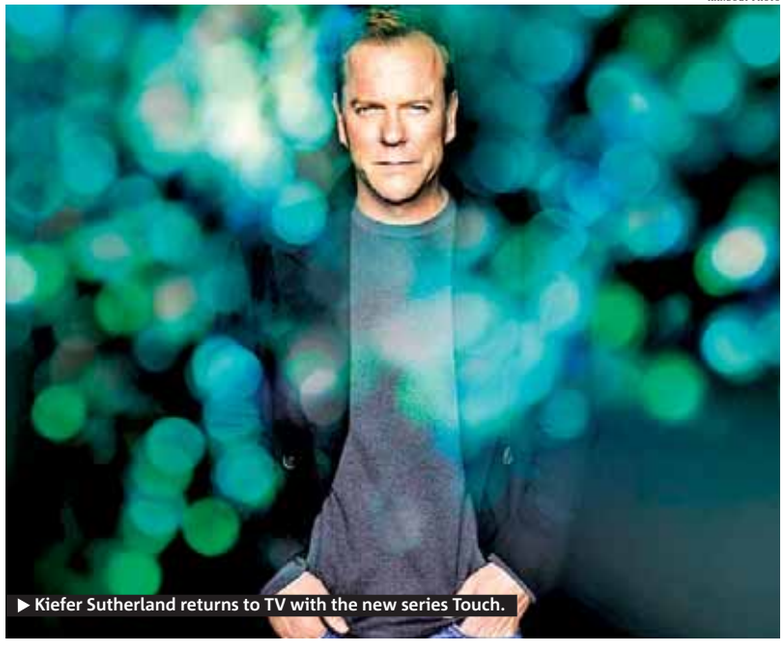
But will fans of Sutherland's shoot-first-talk-later character Jack Bauer on 24 be convinced to watch the more cerebral Touch?

"Well, we're not blowing things up. But I think there's enough excitement around the show. There's a great deal of suspense in not knowing what (Jake's) numbers are," he says.

Sutherland even sees parallels between his 24 character and Touch's more down-to-earth Martin. "Jack Bauer was faced with unbelievable circumstances to overcome. And by the end, you realize this guy's never going to win. On Touch, you realize Martin is never going to have that quintessential father/son relationship with his son, and yet he too perseveres."

Touch premieres Wednesday at 9 p.m. (ET) on Global.

HANDOUT PHOTO



▶ Kiefer Sutherland returns to TV with the new series Touch.

Martin Bohm vs. Jack Bauer

How does Kiefer Sutherland's new character in Touch, Martin Bohm, compare to 24's Jack Bauer?

- **Similarities — both men have children they're trying to protect:** Martin Bohm's 11-year-old son, Jake, has trouble connecting with people emotionally and Martin yearns to shield him from the judgmental world. Kim, Jack Bauer's daughter, needs to be kept safe from the numerous terrorists who are looking to harm her as a way to hurt Jack.
- **They're both widowers:** Martin's wife met an untimely death when she was working in the World Trade Center during the September 11 terrorist attacks. Jack's wife, Teri, was killed at the hands of double agent Nina Myers.
- **Differences — they live on opposite sides of the country:** Martin and his son are located in New York. Jack, although rarely in one place for long, resides in L.A.
- **They are in different lines of work:** Although Martin currently works as a baggage handler at JFK Airport, his previous career was as an investigative reporter for the Herald. Jack worked for the Los Angeles Counter Terrorist Unit, in some capacity or another.

Scene in brief



Get ready for The Bachelor, Canadian-style. Citytv says the popular reality series is coming north of the border and is scheduled to launch on the network this fall. A search for "rose-loving Canadian bachelorettes" who want to appear on the nine-episode series begins today at Citytv.com. Shooting for The Bachelor Canada is slated to begin in the spring. The American version is currently in its 16th season. Bachelor host Chris Harrison is in Toronto today to promote the new series.
THE CANADIAN PRESS

Scan this code or visit metronews.ca/Oscars to watch Tuesday's live telecast of the Academy Award nominations.

DVD reviews

Buy it ◍◍◍◍◍ | Rent it ◍◍◍◍ | Borrow it ◍◍◍ | Yawn ◍◍ | Don't bother ◍

Drive
Genre: Drama
Director: Nicolas Winding Refn
Stars: Ryan Gosling, Carey Mulligan, Bryan Cranston
◍◍◍½



You might not notice the car he drives on the streets of Los Angeles — a bland Chevy Impala — but you won't be able to take your eyes off Ryan Gosling in Drive. Gosling, playing a Hollywood stunt driver who moonlights as a wheelman for criminals, rocks like a young Steve McQueen or Robert De Niro.

Gosling's character, known only as Driver, has only two rules for the crooks who employ him. He'll wait five minutes and five minutes only for them to do their dirty work and hop back inside his Impala to evade the cops. And he doesn't carry a gun. Driver has almost supernatural skills behind the wheel, and he's got the "sang froid" to match. At least until his violent streak is activated — watch out for those boots.

But there's more to Driver. He's a romantic at heart, with his eye on his neighbour, Irene (Carey Mulligan), a single mother who needs his help. He'll do anything to assist her, and anything is really something, especially when best-laid plans turn sour.

Director Nicolas Winding Refn (Valhalla Rising) has created a film of oil, blood and bone that's not for the easily offended.

Extras include several making-of featurettes.

PETER HOWELL

Paranormal Activity 3
Genre: Horror
Directors: Henry Joost and Ariel Shulman
Stars: Chloe Csengery, Jessica Tyler Brown and Christopher Nicholas Smith
◍◍½

The makers of this creepy cash cow happily resisted the impulse to call this "prequel threequel" something awkward like Paranormal Activity: The Awakening.

They've kept it simple with a lean running time of 81 minutes. Even better, they didn't try to overload it by making it Paranormal Activity 3-D.

Instead, co-directors Henry Joost and Ariel Schulman (they also teamed for Catfish) kick it old school by moving most of the action to 1988. There they to flesh out an evolving story about the poltergeist antics of the first two movies, which take place about 15 to 20 years later.

This is the rare third film that is arguably better than its predecessors.

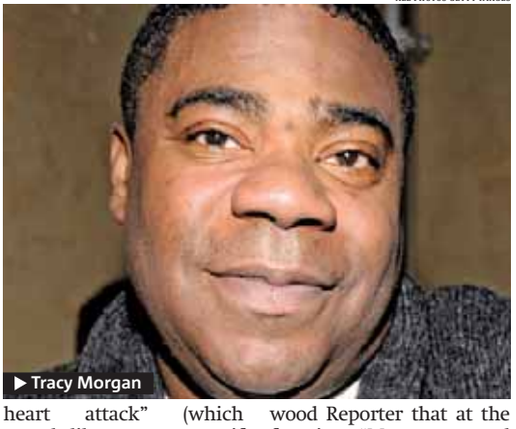
Call PA3 the thing that goes ka-ching in the night. Extras include the unrated version of the film and "lost tapes" additional content.

PETER HOWELL

Health scares of the stars

K-Fed suffers 'mini heart attack' Tracy Morgan collapses in Utah

ALL PHOTOS GETTY IMAGES


Tracy Morgan


Kevin Federline

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



The Australians must be desperate.

They've flown Kevin Federline, 33, all the way to their country to star in their weight-loss reality show, Excess Baggage (because, apparently, Celebrity Fit Club worked out so well for him).

But the Aussie show's workouts were too much for the former dancer/chronic egg fertilizer, and, according to local reports, his heart went "PopoZão" and he was rushed to a hospital with chest pains. It was so severe that, according to reports, Federline suffered a "mini heart attack" (which sounds like an oxymoron if there ever was one).

Meanwhile, on the other side of the world, Tracy Morgan was also rushed to the hospital in Park City, Utah on Monday, after he collapsed at the Creative Coalition Spotlight Awards.

A source told the Hollywood Reporter that at the function, "Morgan seemed inebriated, yelling and falling onto the ground."

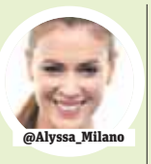
I know what you are thinking and no, it was not booze. It was the altitude that felled the 30 Rock star.

Per his rep: "From a combination of exhaustion and altitude, Tracy is seeking medical attention. He is with his fiancé and grateful to the Park City Medical Center for their care. Any reports of Tracy consuming alcohol are 100 per cent false."

This is one of those rare occasions that a PR statement is true: The hospital reports that Morgan did not have alcohol or drugs in his system when he was admitted.

Celebrity tweets




@Alyssa_Milano

Dear Auto Correct, Duck you. Sincerely, Everyone


@kathynajimy

want a great idea for a good invention? swollen feet you can screw off at the end of the day and store on the shelf.


@SteveMartinToGo

Waiting for call asking me to do halftime show at Superbowl with solo banjo. How will I control fans rushing stage? Details to work out.


@DonaldGlover

watchin french children's show explain how to make a homemade alarm for your sack lunch. If it was in black & white, it'd be a masterpiece

Klum and Seal over

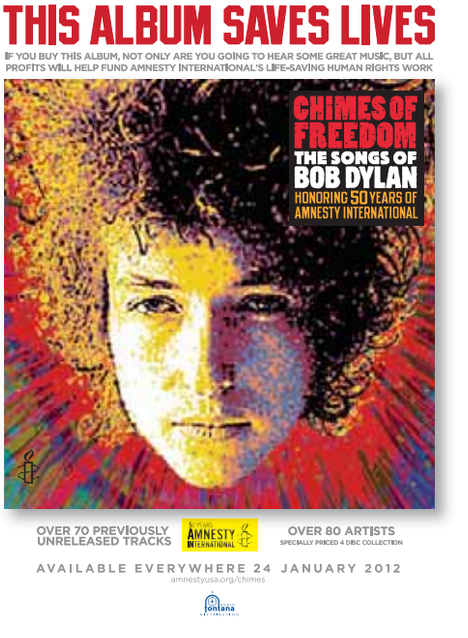
Heidi Klum and Seal have confirmed that they are separating after seven years together, according to People magazine.

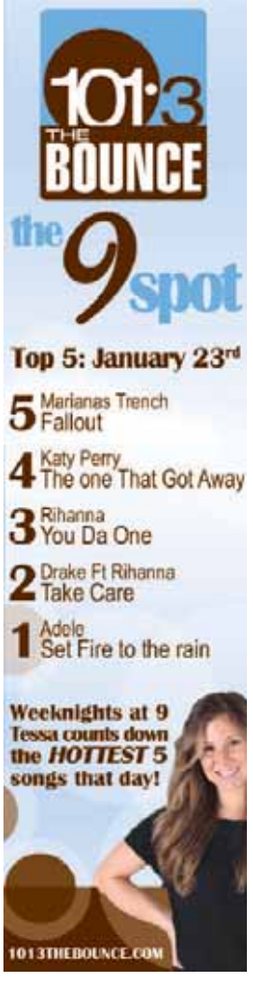
"While we have enjoyed seven very loving, loyal and happy years of marriage, after much soul-searching we have decided to separate," Klum says in a statement.

"We have had the deepest respect for one another throughout our relationship and continue to love each other very much, but we have grown apart." METRO

5,000 miles apart?

With reports of trouble in their 14-year relationship, Johnny Depp and Vanessa Paradis have reportedly been living apart this week — 5,000 miles apart, according to People magazine. While Depp has kept a low profile in Los Angeles, Paradis has been spotted in Paris shopping and prepping for the premiere of her new film, Café de Flore. Earlier last week, Paradis stopped into a department store to pick up some DVDs, including the Marilyn Monroe classic The Seven-Year Itch. METRO







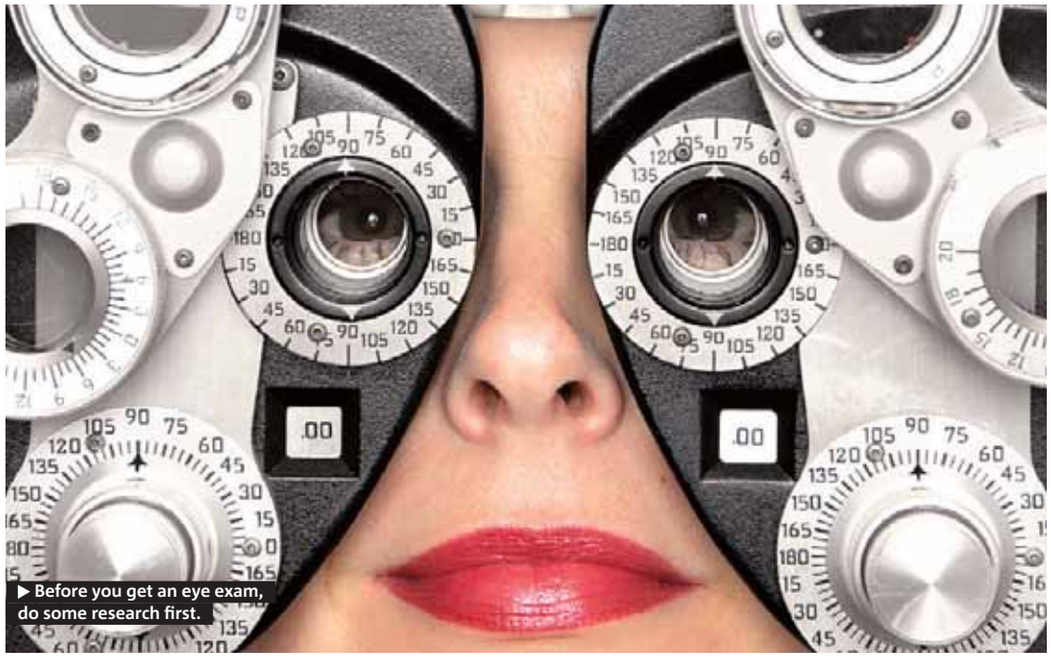
3 life

World of eye care can be confusing

Learn the difference between a sight test and a full eye exam And research before you go

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTOS



Before you get an eye exam, do some research first.

Your eyes need health check-ups, too.

But how do you navigate the world of optometrists, opticians and ophthalmologists? Most of us aren't clear on who does what.

"It is a source of confusion in the public," says Dr. Riaz Ahmed, an optometrist in Calgary.

Here's how he explains it: Opticians are the people who sell you glasses and contact lenses, optometrists are your primary eye-care provider and ophthalmologists treat serious eye diseases and do eye surgery.

Ahmed recommends eye exams every two years for most adults.

If you are young (under 19) or older (over 65), you should get an eye exam every year. A recent study that examined patterns among more than 130,000 Canadians found that only 40 per cent saw an eye-care provider in the previous year.

"If you go get an eye exam, make sure it is either with an optometrist or an ophthalmologist."
DR. RIAZ AHMED

Make sure you go to someone who is qualified in eye health.

"If you go get an eye exam, make sure it is either with an optometrist or an ophthalmologist," he says. "A sight test at an optician is not a full eye exam."

Optometrists like Ahmed have been to university for a minimum of eight years.

They do routine eye exams and deal with common eye problems such as infections or a foreign object in the eye.

They can manage, on a regular basis, eye problems resulting from diabetes or glaucoma.

An ophthalmologist has the most education, including a Bachelor degree, four years of medical school, plus a residency in the specialty.

Health



A new website — myhealthtips.com — features collaborative work between a Canadian doctor and Terry Jones of Monty Python, shown, that blends humour and health advice.
THE ASSOCIATED PRESS

If you can climb stairs, you can have sex, says AMA guidance for heart patients

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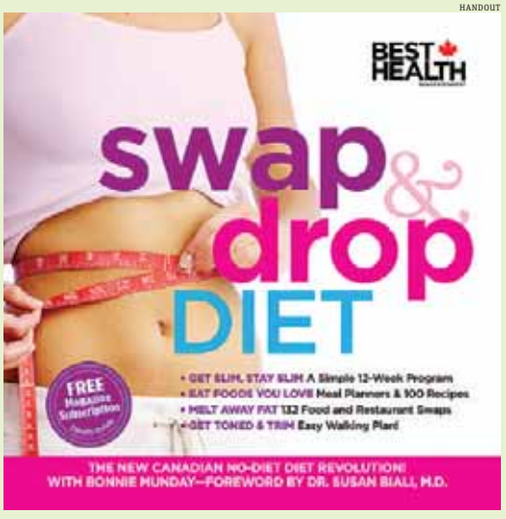
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Best Health Minute



BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

HANDOUT



Check out our Swap & Drop Diet I talked in my last column about our new diet book, Swap & Drop, which is full of ideas for small changes you can make that add up over time to lost pounds.

This week, I want to let you in on some details in the book's section on dining out.

We all end up in a drive-through, a mall food court or a family restaurant at some point during the week.

These places can be danger zones if you're watching your weight, so we thought it would be super helpful to provide nutritional information about restaurant menus to help you choose what to order.

We studied the menus at 10 chains across Canada — Boston Pizza, East Side Mario's, Harvey's, The Keg, KFC, McDonald's, Starbucks, Subway, Taco Bell and Tim Horton's — and made some surprising discoveries.

For example, one of these places has a bruschetta that contains 1,145 calories and 59 grams of fat.

The swap at that restaurant?

A shrimp cocktail with just 127 calories and 1 gram of fat.

At a coffee chain, the raisin bran muffin has more than 400 calories and 13 grams of fat. The swap, if you're looking for a treat with your coffee, is the cookie with fruit and nuts; you'll cut the calories and fat almost in half.

And then there are breakfast sandwiches. At one chain, a sausage, egg and cheese on a biscuit has almost 600 calories and 37 grams of fat. Choose a ham, egg and cheese on an English muffin and save 300 calories and 25 grams of fat. That kind of change really adds up to make the difference on your bathroom scale.

These are just a few highlights of the Swap & Drop Diet book, which is $29.95 and available wherever books are sold, and at besthealthmag.ca/swap.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/METRONEWS

Thoughts on ... Contribution

GIVE BACK. Give yourself time to consider what you most want to contribute to the world.

When you apply your natural talents, passions and abilities on behalf of others or a greater cause, you fulfill the highest part of you, and bring great joy to yourself and others.

Don't worry about what to contribute, instead focus upon the intention, and then the means will reveal itself to you in surprising ways.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

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Seafood Linguine

Preparation:

1. In pot of boiling water, cook pasta until al dente. Drain.
2. Heat olive oil in pan, sauté garlic 3 mins. Add chili flakes and breadcrumbs; cook 1 min. Add clams, shrimp, oysters and white wine; cook 2 mins. Toss mix with pasta, add chopped parsley. Season with pepper. Garnish with extra breadcrumbs. THE CANADIAN PRESS/ CLOVER LEAF

Ingredients:

- 500 g (1 lb) linguine
- 50 ml (1/4 cup) olive oil
- 3 cloves garlic, chopped
- 50 ml (1/4 cup) breadcrumbs, plus extra
- 2 ml (1/2 tsp) chili flakes
- 1 can (142 g) baby yellow clams, undrained
- 1 can (106 g) medium shrimp, drained
- 1 can (133 g) Pacific oysters, drained
- 50 ml (1/4 cup) white wine
- 125 ml (1/2 cup) parsley
- Cracked black pepper

Dim Sum pleases heart and starts Chinese New Year right

Canton Garden Restaurant offers delicacies like Stuffed Tofu with Shrimp

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA

VALERIE MANSOUR



Stuffed Tofu with Shrimp

The Canton Garden menu says that dim sum is translated as food that pleases the heart. What more could one want?

While sipping our oolong tea, we order six dishes (about $30). We should have staggered our order as almost everything arrives together.

The best is Stuffed Tofu with Shrimp, which looks and tastes great.

The hot and steaming Wonton Soup is also top-notch with four large wonton dumplings, the texture of pillows and flavoured with sage. Meanwhile, the four Shrimp Dumplings are tender and tasty.

Black Bean Chili Ribs are fatty and need more chili, so we request hot sauce that does the trick.

It's always a treat to have that sweet, glutinous rice called Sticky Rice — wrapped in Lotus Leaves.

The Pork Shui My is heavy and is our least favourite.

Most of the patrons here are Chinese. They know their Dim Sum and now we do, too.

Canton Garden Restaurant
30 Farnham Gate Rd.
406-7788
Hours: Daily (11:30 a.m. - 11 p.m.), Sat - Sun (Dim Sum - 11 a.m. - 3 p.m.)
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Social lunch: Yes
Client negotiations: Yes
Co-worker lunch: Yes
Price range: $$$
Rating: 3.5 out of 5

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Having been the host of Maxed Out, a lifestyle television show, I know that good things often come out of the episodes and sometimes those good things can be a surprise.

The first episode of Million Dollar Neighbourhood, which aired Sunday on the Oprah Winfrey Network, is aiming to raise the net worth of 100 Aldergrove, B.C., families by a total of one million dollars over 10 weeks.

Every week, the community will strive to save $100,000, or an average of $1,000 per family, through a variety of means including bartering or pitching in to renovate the home of a needy family.

Most people have fat marbled throughout their spending in everything from cellphone bills to fast food fixations.

But Million Dollar Neighbourhood's first show took a slightly different tact by recovering money that had already been spent.

A tax team from H&R Block did a second look review of the families' tax returns. Astonishingly, they found errors or missed deductions in nearly a third of them. The refunds ranged from $100 to $10,000, in total more than $50,000.

I was curious at the number of filing mistakes, so I asked Cleo Hamel, senior tax analyst for H&R Block Canada, about her conclusions.

"In general, I think people get complacent and follow the same tax routine as the previous year because it is easy. A change in their income from year to year is something they take note of but understanding how to use, for example, medical expenses to their advantage requires a little more work. Or they are unsure of whether they qualify for a credit and fail to followup."

You may not be able to avoid death or taxes but with a little vigilance you can lessen the impact of the government bite.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

HANDOUT



▶ Million Dollar Neighbourhood co-hosts Bruce Sellery and Dr. Joti Samra

CHINESE NEW YEAR 101

CHARLES THE BUTLER



ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

As some of you know, I have just completed another 18-day Asian tour, which took me to Shanghai, Bangkok, Manila and Hong Kong, before returning to Toronto. So what does this have to do with today's column?

Well, it's the start of Chinese New Year and I thought this would be the perfect opportunity to learn how we acknowledge another culture's holiday.

Firstly, there is absolutely nothing wrong with asking someone from a different faith, background or nationality the meaning of and how he or she celebrates a particular holiday.

So, with the start of Chinese New Year, how do the Chinese celebrate their new year's holiday and how should others acknowledge this important holiday?

Although some Chinese people will greet each other with a traditional phrase, it is absolutely fine for people of another culture to say "Happy New Year."

Now, if you see people receiving a red envelope, don't panic. You don't need to do anything.

Traditionally, when youngsters come to wish the seniors good health, a red envelope with small amounts of money inside is given to the children to wish them good luck and good fortune in the new year. You are neither expected nor required to give a gift of any kind.

However, if you feel compelled to give something, sweets to symbolize a sweet year, and/or oranges, are always a good thing. If you are going to wrap the present, ideally it should be wrapped in something red and gold, which are the traditional colours of the holiday.

Now, as my dear friend from Peninsula Hotel in Shanghai said upon my departure last week, "I wish you a Happy Chinese New Year, Mr. Charles, and a wonderful year of the Dragon!" I couldn't have said it better myself.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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4 sports

‘Fantastic friends’ look for Scotties repeat

- Eight-team provincial tournament set to begin Wednesday in Halifax
- Defending champion Smith-Dacey vying for third career title as skip

FRANK GUNN/THE CANADIAN PRESS FILE



▶ Nova Scotia skip Heather Smith-Dacey, left, and third Danielle Parsons during last year’s Scotties Tournament of Hearts in Charlottetown, P.E.I.



MATTHEW WUEST
@METRONEWS.CA

Unlike last year, Heather Smith-Dacey and her teammates have had ample time to prepare together for the Scotties Tournament of Hearts. And that’s a scary proposition for their opponents at this week’s Nova Scotia women’s curling championship at CFB Halifax.

Smith-Dacey and her squad, featuring third Danielle Parsons, second Blisse Comstock and lead Teri Lake, won last year’s tournament in Kentville despite a massive shakeup a month earlier when meningitis caused their skip, two-time world champion Colleen Jones, to end her season.

With Smith-Dacey shifting from third to skip and Parsons thrown into action as third, the new-look entry not only won provincials, but took bronze at the national Scotties in Charlottetown.

“It was such an interesting run for us,” Smith-Dacey said. “It’s quite comical when we think back on it, but obviously there was talent at the root of it.”

Far from the team that came together on the fly last year, Smith-Dacey and her troops have been working diligently since last May to get ready for another run.

The provincial Scotties starts on Wednesday and concludes with the championship game on Sunday.

“We’re at a very different point (this year), but it’s a good one,” Smith-Dacey said. “We’ve grown a lot as teammates, as shot-makers, and as friends in the past year.”

Not only have they had a great season on the ice, Smith-Dacey said spending so much time together training, practising, travelling and competing has helped them take their team chemistry to a new level.

“We’re fantastic friends, and whether we win or lose, we’ll still probably go out and have some fun that night because we choose to spend time with each other whether we’re curling or not,” she said. “We all cherish that.”

The national bronze last year marked Nova Scotia’s best Scotties finish in half-a-decade, and Smith-Dacey’s goal is to get a chance to improve on that.

“It’s a dream of all of ours to win a national championship,” she said. “This week is a stepping stone to that.”

Scotties seeding

Seeding of teams entered in this week’s Scotties Tournament of Hearts at CFB Halifax

- **1. Team Smith-Dacey** — CFB Halifax Curling Club
- **2. Team Arsenault** — Mayflower Curling Club
- **3. Team MacIntosh** — Dartmouth Curling Club
- **4. Team Pinkney** — Truro Curling Club
- **5. Team Mattatall** — Mayflower Curling Club
- **6. Team Rhyno** — CFB Halifax Curling Club
- **7. Team Duchemin** — Sydney Curling Club
- **8. Team Nix** — Glooscap Curling Club

“You have to start over again. Last year’s accolades don’t mean anything.”
HEATHER SMITH-DACEY ON ENTERING THE SCOTTIES AS DEFENDING CHAMPION

Quoted



“I believe the federal government has grown out of control, threatening the rights, liberties, and property of the people.”

BOSTON GOALTENDER TIM THOMAS IN A STATEMENT RELEASED ON MONDAY. U.S. PRESIDENT BARACK OBAMA SALUTED THE BRUINS FOR THEIR STANLEY CUP CHAMPIONSHIP ON MONDAY, BUT THOMAS SKIPPED THE WHITE HOUSE VISIT IN PROTEST.

QMJHL

STANDINGS

	W	L	O	P
*SAINT JOHN	34	13	2	70
*SHAWINIGAN	33	11	4	70
*B.-BOISBRIAND	25	18	3	53
VICTORIAVILLE	31	15	2	64
QUEBEC	29	11	6	64
HALIFAX	**26**	**16**	**4**	**56**
RIMOUSKI	28	21	0	56
CHICOUTIMI	23	16	8	54
BATHURST	23	20	5	51
BAIE-COMEAU	23	18	4	50
MONCTON	22	20	5	49
GATINEAU	19	19	8	46
VAL-D’OR	21	23	4	46
DRUMMONDVILLE	18	25	6	42
CAPE BRETON	18	27	1	37
R.-NORANDA	15	27	5	35
P.E.I.	13	30	4	30

*DIVISION LEADER

UPCOMING GAMES

- Thursday
  Baie-Comeau at Halifax, 7 p.m.
- Sunday
  Halifax at Rimouski, 5 p.m.

MOOSEHEADS SCORING

RANK	GP	G	A	P
MACKINNON	38	22	34	56
BOUDREAU	46	21	24	45
GRENIER	42	19	26	45
ASHLEY	41	16	27	43
CRITCHLOW	46	15	20	35
ABELTSHAUSER	35	6	25	31
CIAMPINI	46	9	20	29
ANDREWS	39	7	15	22
CUZNER	45	10	6	16
DESMOND	42	5	10	15

Dalhousie names new athletic director

John MacDonald has left his post as Dalhousie University’s athletic director to pursue another career and will be replaced by Karen Moore.

Moore (née Fraser) is a former all-Canadian volleyball player at Dalhousie who spent six years with the Canadian national women’s team and competed in the 1984 Summer Olympics in Los Angeles. The 52-year-old went on to spend six years as head coach of Dalhousie’s women’s volleyball team and most recently served as the school’s associate athletic director.

The changes were announced on Monday evening and Moore’s appointment is effective immediately, a university press release said.

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Eberle gets call for all-star game

Oilers forward will be replacement for injured Koivu

BRUCE BENNETT/GETTY IMAGES



▶ Jordan Eberle

Jordan Eberle is heading to the NHL all-star game after all.

The Edmonton Oilers forward and Pittsburgh Penguins defenceman Kris Letang were both added to the event Monday.

They'll replace Minnesota Wild captain Mikko Koivu (shoulder) and Winnipeg Jets defenceman Dustin Byfuglien (knee), who are both sidelined with injuries.

Eberle was passed over when the all-stars were named two weeks ago because of a knee injury. But he returned to the Oilers lineup over the weekend and leads the team with 17 goals and 44 points.

"It's exciting," said Eberle. "It's definitely been a roller-coaster. The fact the opportunity had come and then I got injury and they said I would have been on if I wasn't injured. ...

"In the end, I get to go and that's what I was looking forward to obviously."

Other injury replacements could be coming before the all-star weekend kicks off in Ottawa with Thursday's fantasy draft. The skills competition will be held Saturday at Scotiabank Place with the all-star game to be played Sunday.

Jamie Benn (appendectomy) and Jonathan Toews (undisclosed) are among the players who remain questionable for the event.

THE CANADIAN PRESS

NHL

Ovechkin suspended for high hit

The NHL suspended Washington Capitals forward Alex Ovechkin for three games Monday for his hit on Pittsburgh Penguins defenceman Zybnek Michalek.

Ovechkin left his feet to hit Michalek against the boards in the second period of Washington's 4-3 overtime loss to the Penguins on Sunday.

"Often on big hits or collisions, a player's feet will come off the ice slightly as a result of the impact. This, however, is not one of those occasions," NHL disciplinarian Brendan Shanahan said in a video posted on the league's website. "Ovechkin drives up, launching and recklessly making contact with Michalek's head.

"While we accept Ovechkin's assertion that he did not intend to hit Michalek in the head, the moment Ovechkin launches himself in the air prior to the hit, he becomes responsible for any contact to the head."

Ovechkin will forfeit $154,677.75 US. The money goes to the Players' Emergency Assistance Fund.

THE CANADIAN PRESS

Open. Opportunity



▶ Victoria Azarenka, of Belarus, celebrates her win over Poland's Agnieszka Radwanska Tuesday at the Australian Open in Melbourne.

THE ASSOCIATED PRESS

Major breakthrough for Azarenka

Third-seeded Victoria Azarenka reached the Australian Open semifinals when she held her nerve despite trouble with her serve in a 6-7 (0), 6-0, 6-2 win over No. 8 Agnieszka Radwanska on Tuesday. The 22-year-old extended her winning streak this season to 10 matches. She's never gone further than the semis at a major. "I'm really glad I could stay tough and finish the match," she said. "I'm just really happy to be in the semifinals to give it all out there."





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Tenders

MAINTENANCE AND MINOR IMPROVEMENT SERVICES ON MARRIED MILITARY QUARTERS AT 14 WING GREENWOOD, NOVA SCOTIA

As a Special Operating Agency of the Department of National Defence (DND), the Canadian Forces Housing Agency (CFHA) is responsible for managing DND family housing, including the provision of maintenance and minor improvement services.

Defence Construction Canada (DCC), on behalf of the CFHA is calling for the submission of tenders for maintenance and minor improvement work on family housing units at 14 Wing Greenwood, Nova Scotia. The work will be done under Standing Offers (SO) on an "as requested" basis. The SOs will be in place from **April 1, 2012** to **March 31, 2014** (two years), with an option to extend for two additional one-year periods.

SOs will be established for maintenance and minor improvement work in the following trades: tile, resilient sheet flooring and carpet, carpentry, roofing, plumbing, electrical, hardwood floors, cleaning, painting, concrete and asphalt, grass cutting, landscaping and tree service, pest control, snow removal, and heating, ventilation and air conditioning (HVAC). Firms that consider themselves qualified to provide residential housing maintenance and minor improvement services, are invited to contact DCC at Tel: **(902)765-1494 ext. 5436** to obtain the list of work packages.

Those wishing to obtain the tender documents for providing any of the packaged residential housing maintenance and minor improvement services must place an order with MERX by logging on their website: **www.merx.com** or by calling **1 (800) 964-MERX (6379).**

THE TENDER DOCUMENTS WILL BE AVAILABLE ONLY THROUGH MERX DISTRIBUTION.
The tender closing date is: **February 7, 2012** for all packaged services projects
The tender closing time is: **14:00 hours**, local time, for all packaged services projects
Sealed tenders will be received at the following location:

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Hangar 5
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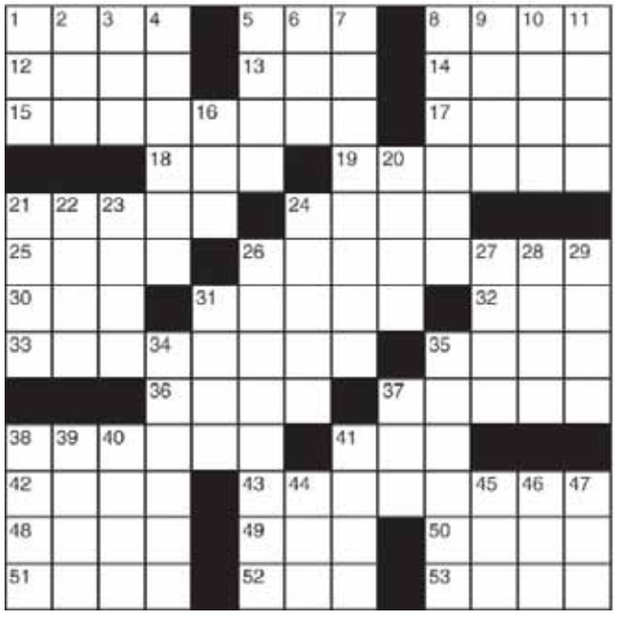
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Crossword



Across

1 Pinnacle
5 "Eureka!"
8 — Minor
12 Tibetan monk
13 Bookspine abbr.
14 Night light?
15 Pillages
17 Entanglement
18 Atmosphere
19 Whoppers' toppers
21 Home
24 Smile
25 Humdinger
26 WWI field famous for poppies
30 Math course
31 Actress Massey
32 "Boy, am I stupid!"
33 Bad-mouths
35 Tower city
36 Sly
37 Caulking material
38 Eyelike spots
41 Crazed
42 Ashen
43 Peripheral-vision thwarters
48 Cold War abbr.
49 Allow
50 Welsh veggie
51 Cows and sows
52 Dine
53 Jealousy

Down

1 Matterhorn, e.g.
2 Chum
3 Ostrich's cousin
4 Citizen Kane's estate
5 State with certainty
6 Not vert.
7 Losers
8 Nasty
9 Nevada city
10 Any time now
11 Picnic invaders
16 Conk out
20 1492 craft
21 "Sad to say ..."
22 Matador's foe
23 Gymnast Korbut
24 Splendor
26 Not stiff
27 Tend texts
28 Oxidize
29 Horse-drawn carriage
31 Pedestal occupant
34 Pro QBs, e.g.
35 Small pool
37 Skillet
38 Piece of work
39 Money
40 Otherwise
41 Catcher's glove
44 Meadow
45 Still, in verse
46 Gun the engine
47 Firmament

▶ Monday's answer



Sudoku

		6				7		
	5	2	7		4	8	6	
8	7						3	5
			5	9	2			
				4				
			6	1	3			
1	2						9	6
	9	4	3		6	1	7	
		8				3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

3	4	9	7	2	5	6	1	8
7	8	5	1	3	8	4	2	9
8	2	1	9	4	6	3	7	5
5	3	7	8	6	1	9	4	2
2	1	4	3	5	9	7	8	6
9	8	6	2	7	4	1	5	3
1	7	3	5	9	2	8	6	4
4	5	8	6	1	3	2	9	7
6	9	2	4	8	7	5	3	1

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Matthew
Thank you for always being there for me. It means so much to me to have you by my side through everything that has happened the last year. I love you so much <3
FROM JESS

Ryan Bouchard
Hey baby! I love you soooo much! you always brighten my day! There are times when I feel like I can't live without you. You are the one I think about and have dreamt about for a long time. **FROM CHELSEA FISH**

my handsome knight
My heart is aching for you , I am so sad that the last words you heard from me was I HATE YOU NOW....I did not mean it, I was so hurt, I felt betrayed and abandoned but I really know better and I UNDERSTAND MORE THAN YOU KNOW....YOU ARE IN MY SOUL FOREVER TILL THE END OF TIME.....
FROM YOUR LADY



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
You have never been a stranger to hard work but now that Mars, your ruler, is turning retrograde in the wellbeing area of your chart you should perhaps slow down a bit.

♉ Taurus April 21-May 21
It won't be long before you are back to your best and raring to go.

♊ Gemini May 22-June 21
You may have to own up to something a bit embarrassing today but rather that than deny it and get caught out later on.

♋ Cancer June 22-July 22
Go out, have a good time and meet as many interesting and influential new people as you possibly can.

♌ Leo July 23-Aug.23
Something will catch your eye today and you won't be happy until you have made it your own.

♍ Virgo Aug. 24- Sept. 22
There are so many new opportunities coming your way at the moment, but you must not take your good fortune for granted.

♎ Libra Sept. 23-Oct. 23
If you find it hard to get your act in gear today you should take that as a sign and stop trying so hard.

♏ Scorpio Oct. 24-Nov. 22
A certain individual may seem a bit boring but if you make an effort to get to know them today you may find you have a lot in common.

♐ Sagittarius Nov. 23-Dec. 21 Whatever challenges you are faced with at the moment, at home or at work, you have no intention of letting them overwhelm you.

♑ Capricorn Dec. 22-Jan. 20
You know that your beliefs are right but how do you convince other people of that fact? You don't.

♒ Aquarius Jan. 21-Feb. 18
Try not to be too critical of other people today.

♓ Pisces Feb. 19-March 20
You may find it hard to be nice to someone today.

SALLY BROMPTON

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JACQUES BRINON/THE ASSOCIATED PRESS



GURINDER OSAN/THE ASSOCIATED PRESS



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